

## LIFE GROUP NOTES:

Week Beginning 18<sup>th</sup> November 2018

### 'IF ONLY'

#### LOOK OUT!

Most of us have to deal with regret from time to time. Sins we have committed in the past, people we've hurt, or just poor decisions we made.

#### LOOK BACK ..

..and **SHARE** some '**IF ONLY**' stories together as a lesson of either what not to do, what to wait for or what not to put off doing.

**Q.** IF I don't always feel as though my day or my life measures up to my expectations then is THERE anything wrong with that?

#### LOOK UP ..

..the following verses to share HOW they help us with our '**IF ONLY**' regrets. (Romans 8:1 & 28 - Philippians 3:13-14 - Ephesians 2:10 & 1 Thessalonians 5:8)

#### LOOK IN ..

.. at a couple of the following Bible stories to see if you can make sense of the message they were written in the Bible to give us.

[1] If Only We Had Lived Then! – (Matthew 23:29-39)

[2] If Only God Would Bless My Plan! – (Genesis 17:15-22)

[3] If Only We Had Meat! – (Numbers 11:1-35)

[4] If Only I Had A Son! – (1 Samuel 1:9-20)

[5] If Only I Was In Charge! – (2 Samuel 15:1-15)

[6] If Only You Committed Yourself! – (Isaiah 58:9-12)

[7] If Only I Could Touch His Cloak! – (Matthew. 9:21)

[8] If Only You Have Faith! – (Matthew 21:21)

[9] If Only For This Life! – (1 Corinthians 15:19)

**Q.** WHAT is the challenge and comfort these stories bring to us?

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## **LOOK FORWARD ..**

..to an '**IF ONLY**' possibility that will leave you rejoicing if you took it rather than in regret because you didn't.

eg: If Only I would share my testimony with a friend. (John 1:41)

If Only I would step out of the boat. (Mathew 14: 22 -33)

If Only I 'd have the faith to believe God for more (James 4:2-3)

PRAY ABOUT SOME IF ONLY NEEDS OF THE GROUP, THE CHURCH & THE COUNTRY.

**Shaun**

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